

PSORIASIS

A Decade of Experience in a State Hospital in Peninsular Malaysia

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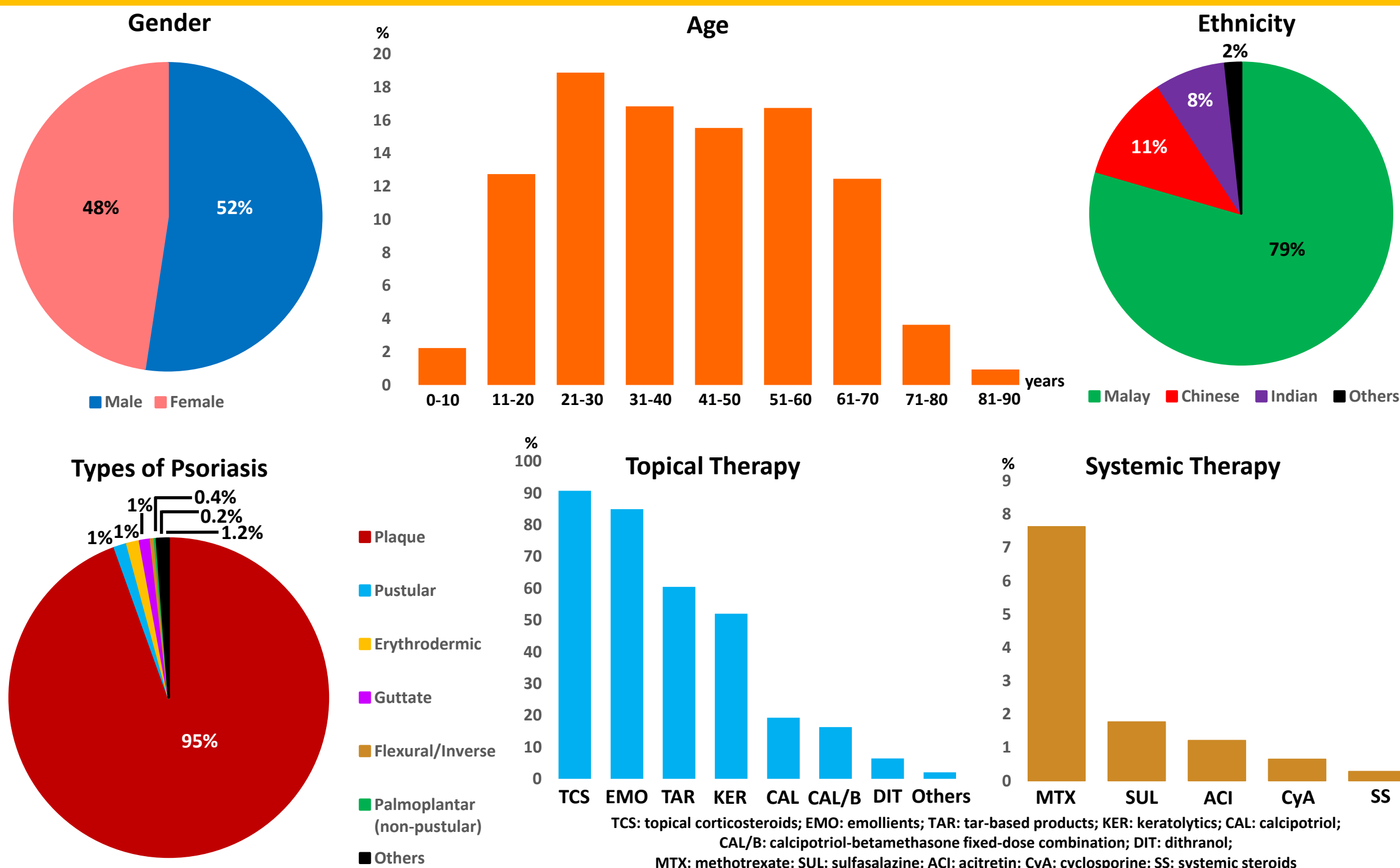
INTRODUCTION

Psoriasis is a common skin disorder with a worldwide prevalence of 2-3%¹. In Malaysia, the prevalence is approximately 2-6%². While national epidemiological data is available, the same cannot be said for local, institution-based data. Recognizing the various aspects of psoriasis in a state hospital may help strategize local treatment policies to improving patients' quality of life.

METHODS

This is a retrospective, single-center audit of 1,075 patients with psoriasis who attended the Dermatology outpatient clinic in Hospital Tengku Ampuan Afzan (HTAA), Kuantan, Pahang, Malaysia, from 2007 to 2017.

RESULTS



- The commonest aggravating factor was stress (63.0%), followed by smoking (29.4%), sunburn (11.4%) and drugs (7.9%).
- Almost a quarter (23.2%) of the patients were obese, with a median body mass index (BMI) of 29.2 kgm⁻². The commonest comorbid was hypertension (19.8% of patients), followed by diabetes mellitus (13.2%) and hypercholesterolemia (9.8%).
- The mean Dermatological Life Quality Index (DLQI) score was 9.42 ± 6.57, with 38.0% of adults and 26.7% of children below 17 years of age having significant impairment in quality of life (DLQI score >10).

DISCUSSION

Clinicoepidemiology of Psoriasis in Malaysia

	Siow KY, et al ³ (2002) Seremban N=181	Yap FBB ⁴ (2007-2009) Sarawak N=138	Ramalingam R, et al ⁵ (2008-2013) Klang N=969	Loo CH, et al ⁶ (2012-2014) Kedah N=296	Our Study (2007-2017) Kuantan N=1,075
Mean age (years)	43.7 ± 17.1	45.2 ± 16.4	45.6 ± 15.9	46.6 ± 16.6	40.5 ± 18.2
Male:Female	1.7:1	1:1	1.4:1	1.2:1	1.1:1
Commonest Types of Psoriasis (%)	1. Plaque (96.1) 2. Mixed (2.8) 3. Guttate (1.1)	1. Plaque (94.2) 2. Erythrodermic (5.1) 3. Pustular (0.7)	1. Plaque (95.8) 2. Guttate (1.3) 3. Flexural (1.0)	1. Plaque (89.9) 2. Erythrodermic (4.7) 3. Guttate (3.0)	1. Plaque (94.5) 2. Pustular (1.3) 3. Erythrodermic (1.3)
BSA Severity (%)					
Mild (≤10%)	NA	86.9	73.8	58.3	29.7
Moderate to severe (>10%)	NA	13.1	26.2	41.7	70.3
Psoriatic Nail Disease (%)	51.4	60.9	35.4	28.0	50.6
Psoriatic Arthropathy (%)	19.3	22.5	9.7	14.7	9.1
DLQI (%)					
≤10	NA	81.9	57.9	68.6	62.6
>10	NA	18.1	42.1	31.4	37.4

BSA: body surface area; DLQI: dermatology life quality index; NA: not available

- Most centers report a lower prevalence of moderate-to-severe psoriasis (7.7% in China⁷, 12.4% in Ireland⁸), including Malaysia as a whole (26.0%)⁹, although a few do report higher figures (45.9% in Korea¹⁰, 53.5% in Egypt¹¹). Despite the exceptionally high prevalence in our center (70.3%), only 11.1% of patients are on systemic therapy. There were no patients on phototherapy or biologics, largely due to cost and feasibility issues. Nevertheless, the low usage of systemic therapy warrants identifying probable causes and re-evaluating adherence to current management guidelines.
- Lifestyle modification and stress management is equally vital in the management of psoriasis and should always be re-emphasized.

CONCLUSION

Plaque psoriasis was the commonest type of psoriasis. More than two-thirds of patients suffered from moderate-to-severe disease, while more than a third had significant impairment in quality of life.

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